

Video play lists Bert Seelman
RECOMMENDED

Regaining health now (videos showing why different, “listen to questions”)
<http://www.youtube.com/watch?v=PiXlvEizVOo&list=PL892BE99EBDCEF7A9&feature=plcp>

Regaining health and performance
<http://www.youtube.com/watch?v=lytwq73p3Tk>

exercise is not about health (“for those thinking exercise makes health”)
<http://www.youtube.com/watch?v=sVJOxDfHoqA&feature=relmfu>

doctorshow to choose
<http://www.youtube.com/watch?v=hUktHeBIngY>

all videos

www.youtube.com/resultsareproof